# FOLDAWAY TREADMILL J 661F

| SERIAL NUMBER | SERIENUMMER |
|---------------|-------------|
| SERIENNUMMER | NUMERO DI SERIE |
| NUMERO DE SERIE | SERIENNUMMER |
| NÚMERO DE SERIE | SARJANUMERO |

583 4013 E

# TUNTURI®
## THE MOTOR – *it's you.*

# REMARKS AND WARNINGS

*PLEASE READ THIS OWNER'S MANUAL THROUGH CAREFULLY BEFORE ASSEMBLING, USING AND SERVICING*

*THE DEVICE IS DESIGNED FOR DOMESTIC AND INSTITUTIONAL REHABILITATION USE. THE TUNTURI WARRANTY APPLIES ONLY FOR FAULTS AND MALFUNCTIONS IN DOMESTIC AND INSTITUTIONAL REHABILITATION USE. NOTICE THAT THE WARRANTY DOES NOT COVER DAMAGE DUE TO NEGLIGENCE OF ADJUSTMENT OR MAINTENANCE INSTRUCTIONS DESCRIBED IN THIS MANUAL. PLEASE PAY PARTICULAR ATTENTION TO THE NOTES REGARDING LUBRICATION AND ADJUSTMENT OF THE RUNNING BELT.*

**The figures referred to in the text are in the back fold.**

Before connecting the device to a power source make sure that the local voltage matches that which is indicated on the type plate. The device operates on 230 V voltage. The device's maximum power consumption is 10 A. The device may only be plugged into an earthed socket. Never use extension cords between the treadmill and your wall outlet.

Outlets, that service multiple appliances, or have fluctuating voltage of more than 5 %, may result in erratic performance or cause damage to treadmill electronics. Using electrical power other than that which has been specified in this manual, will ultimately void any warranty, implied or otherwise.

* Before you start using the treadmill, make sure that it functions correctly in every way. Do not use a faulty device.
* **Do not attempt any servicing or adjustment other than those described in this manual. The given instructions must be followed carefully.**
* Never operate with the dust or side covers removed.
* Make sure that the treadmill is unplugged and turned off before beginning any assembly or maintenance procedures.
* Always unplug the treadmill from the electrical outlet after each training session.
* Do not pull the treadmill by its power cord.
* Do not use outdoors.
* Place the treadmill on a firm, level surface. Allow 120 cm / 4 feet of clearance behind the treadmill and 60 cm / 2 feet on either side and in front of the treadmill.
* Parents and others responsible for children should note that children's natural playfulness and curiosity may lead to situations and behaviour for which the treadmill is not designed. If children are allowed to use the treadmill, they should be supervised and taught to use it properly, keeping in mind the child's physical and mental development and their personality.
* This treadmill is equipped with a cord having an equipment earthed connector and an earthed plug. Do not modify the plug provided with the treadmill in any way. If it will not fit your outlet, have a proper outlet installed by a person familiar with the maintenance of electromechanical devices and authorized under the laws of the country in question (or otherwise) to carry out maintenance and repair work.
* Do not apply silicone as it will damage the running deck.
* Before operating the treadmill familiarize yourself with the adjustments, displays and keys.

## NOTE !

* **Before you start any training, consult a physician to check your state of health.**
* If you experience nausea, dizziness or other abnormal symptoms while exercising, stop your workout at once and consult a physician.
* Only one person may use the treadmill at a time.
* Always use the handlebar when stepping on or off the treadmill and when changing speed. Do not jump off the running belt when it is moving.
* Keep hands clear of any moving parts. Never place hands, feet or any other objects under the treadmill.
* Wear appropriate clothing and shoes when exercising. Make sure your shoelaces are properly tied. To avoid injury and unnecessary wear on your treadmill, be sure your shoes are free of any debris such as gravel and small pebbles.
* The treadmill is equipped with a safety tether key. If the key is removed from its place near the electronic display, the treadmill will immediately stop. Always clip the cord attached to the safety tether key to a part of your clothing so that the key will be pulled from its place, stopping the treadmill, if necessary.
* Always strech your muscles prior to and following any exercise program.
* **The treadmill must not be used by persons weighing more than 110 kg.**

## ASSEMBLY

Before assembly, insure all parts are present (**fig. 1**):

A    Meter
B    Safety tether key with cord (+ 1 spare key)
C    Power cord
D    Left handlebar
E    Right handlebar with attached meter base
F    Main frame
     Assembly kit (4 x M8 x 45 mm screws, 4 x nuts,
     8 x washers, 6 mm allen wrench, multifunctional tool,
     T-Lube can)

If necessary, contact the dealer and give the model, serial number and spare part number of the missing part from the spare part list at the back of the manual.

Once the treadmill has been unpacked, assemble as follows (left, right, front and back are as seen from the exercising position):

### HANDLEBARS

Remove and dispose the silicate bag from the bottom of the right handlebar. The purpose of this bag is simply to absorb dampness during transportation and storage.

Push the left handlebar inside the plastic meter base attached to the right handlebar.

When the top of the left handlebar is touching the top of the right handlebar, tighten the screws in the bottom of the meter base, while ensuring the handlebars are held securely together (**fig. 2**).

**NOTE!** Be careful not to pinch or otherwise damage the flat ribbon cable that runs inside the right handlebar.

Push both handlebars in place inside the frame tubes and fasten the handlebars tight with screws, washers and nuts (**fig. 3**).

### METER

Plug in the pulse cable and flat ribbon cable connectors on the back side of the display. Tuck the cables inside the meter base. Carefully slide the meter onto the base (**fig. 4**).

**NOTE!** Be careful not to pinch or otherwise damage the cables.

Remove the protecting film from the display.

### METER CABLE

Plug the lower end of the flat ribbon cable coming out from the right sidecover into the upper end coming out of of the right handlebar. Thread the connected cable inside the hole in the sidecover and push the cover plug on the through hole so that the cable will not be damaged (**fig. 5**).

## POWER CORD

Plug the socket end of the power cord into the treadmill at the lower right front corner (**fig. 6**).

Before connecting the device to a power source, make sure from the type plate at the lower right corner of the treadmill, next to the power switch, that the voltage is correct (230 V).

## USE

Turn on the power switch at the lower right front corner of the treadmill. When the treadmill is switched on, the system first checks LED display operation. After this the meter displays the "tunturi J 660" emblem and then the meter will display the "enter weight" mode.

### SAFETY TETHER KEY

The treadmill is equipped with a safety tether key. If the key is removed from its place near the electronic display, the treadmill will immediately stop. Insert the yellow safety tether key into the meter base. Attach the clip on the other end of the cord to your shirt or collar.

**NOTE! The treadmill cannot be used and the meter will not function completely if the tether key is not properly installed in the meter base (text "tEtH" in the display).**

### STORAGE POSITION

After the workout, the running base can be folded up into the storage position in order to save space.

**NOTE!** Always turn off the power switch at the right front corner before folding up the treadmill. As a safety feature, the J 661F is equipped with an immobiliser which makes running the treadmill in storage position impossible.

**NOTE!** Always remember to lock the running base in the storage position with the safety lock.

### EXERCISING

Working out using a treadmill is excellent aerobic exercise, the principle being that the exercise should be suitably light, but of long duration. Aerobic exercise is based on improving the body's maximum oxygen uptake, which in turn improves endurance and fitness. The ability of the body to burn fat as a fuel is directly dependent on its oxygen-uptake capacity.

Aerobic exercise should above all be pleasant. You should perspire, but you should not get out of breath during the workout. You must, for example, be able to speak and not just pant. You should exercise at least three times a week, 30 minutes at a time, to reach a basic fitness level. Maintaining this level requires a few exercise sessions each week. Once the basic condition has been reached, it is easily improved, simply by increasing the number of exercise sessions.

# METER (FIGURE)

## KEYS

### A. RESET
When the treadmill is running: Resets time, distance and kilocalories. When the treadmill is stopped: Returns meter to the "enter weight" mode. To continue, either set weight with the arrow keys and push the ENTER key or just push ENTER and accept the default weight.

### B. SCAN / SELECT
Pressing this key once starts scanning the different display values. Pressing the key a second time stops scanning, allowing the computer to display the current parameter.

### C. + AND - ARROW KEYS (SET / ADJUST)
These keys are used to set the correct weight for the calculation of energy consumption. In addition the arrow keys are used in the user set up mode.

### D. UP AND DOWN ARROW KEYS (% ELEVATION)
UP-key increases the elevation in 1 % increments. The back of the treadmill goes down increasing the elevation. DOWN-key decreases the elevation in 1 % increments. The back of the treadmill will rise decreasing the elevation.

### E. ENTER
Used to confirm the set user weight. In addition the ENTER key is used in the user set up mode.

### F. MEMORY
The MEMORY-key is used to save and open one of the five preprogrammed workouts or one manually made workout.

### G. TORTOISE (SPEED / SLOW)
Decreases belt speed in 0.1 increments.

### H. HARE (SPEED / FAST)
Increases belt speed in 0.1 increments.

### I. STOP
Stops the treadmill motor and running belt. If pressed once, enters the "pause" mode. All exercise data including current speed and elevation are stored temporarily in the memory of the meter for 1-5 minutes (depending on the set pause time-out duration). This function allows you to pause the treadmill for some minutes and then continue your workout without losing the numerical data. If the STOP key is pressed twice or when the pause time has expired, the meter will continue displaying the cumulative training values, but it is not possible to continue the workout from those values.

## FUNCTIONS

The small light next to each function indicates which function is currently displayed.

### J. DISTANCE
Displays distance traveled during the exercise session in kilometres or miles (00.0-99.9).

### %ELEVATION
Displays current % elevation (0-10 %).

### PULSE (OPTIONAL)
Displays pulse.

### K. TIME
Displays the elapsed time of the exercise session in minutes and seconds (00.00-99.59 minutes in 1 second increments).

### PACE
Displays the time it takes to run/walk a kilometre or a mile at the current speed.

### WEIGHT
Displays user weight entered.

### L. SPEED
Displays belt speed either in km/h (1.5-16.0 km/h) or in mph (1.0-10.0 mph).

### CALORIES
Displays estimated energy consumption in kilocalories (0-999 kcal). This meter uses values for weight, time, speed and elevation to calculate the cumulative kilocalories burned during the exercise session. Since people's capacity to produce energy varies, the energy consumption display shows is an approximation of the real consumption.

### MEMORY
The small light next to the MEMORY text is on when a pre-programmed or a user programme is being used.

# USER SET UP MODE

This treadmill features a user set up mode, which enables the user to choose between certain set up parameters: English (mile, mph, lbs) or metric units (km, km/h, kg), audio signals on or off and pause time-out duration. In addition you can enable or disable memory protection from the user set up mode.

1. Press and hold the STOP key while pressing the SCAN/SELECT (when meter displays "enter weight" mode).

2. The meter will display either "EngL" (for English units) or "ISo" (for metric units). Choose the desired units by using the arrow keys.

3. Press the SCAN/SELECT key again. The meter will display either "Aud 1" (= Audio signal on) or "Aud 0" (= Audio signal off). Choose the desired parameter by using the arrow keys.

4. Press the SCAN/SELECT key again. The meter will display either "to 1", "to 2", "to 3", "to 4" or "to 5" (= time out). Choose the desired pause time-out duration by using the arrow keys. If you have chosen e.g. "to 4", the meter will memorize the exercising data for 4 minutes allowing you to continue training within that time without losing any numerical data.

5. Press the SCAN/SELECT key again. The meter will display either "PEnb" (memory protection off) or "PalS" (memory protection on). When the memory protection is switched on, the training programmes saved in the memory of the meter

cannot be modified. Choose the desired parameter by using the arrow keys.

6. Press the ENTER-key to return to "enter weight" mode.

## ENTER YOUR WEIGHT

When the treadmill is switched on, the J 661F display will read the meter type "tunturi J 660" and then display the "enter weight" mode.

1. The small light next to WEIGHT will blink and the display shows the last entered weight.

2. Set your own weight to the meter in kg or lbs by using the arrow keys. The unit depends on the chosen parameter in the user set up mode.

3. Press ENTER to confirm the set weight.

4. The small light next to SPEED turns on and the display shows 0.0 speed.

## BEGIN TRAINING

Always hold the handrail for support when getting on or off the treadmill and when changing the speed during exercise. Do not jump off the running belt while it is moving!

**NOTE!** Stand on the landing rails to the left and right of the running belt. Do not stand on the running belt.

## MANUAL AND PROGRAMME MODE

### MANUAL MODE

If you do not want to use the preprogrammed workouts, start the training by pressing the HARE key once. The belt will start moving at 1.5 km/h (or 1.0 mph). Steady yourself by holding onto the handlebars and carefully stepping onto the moving belt. Increase speed by pressing the HARE key until the desired speed is reached. To slow down, press the TORTOISE key.

**NOTE!** Never step onto the running belt at speeds greater than 1.5 km/h or 1.0 mph.

If requested you can change the elevation angle of the treadmill during the training by using the UP and DOWN arrow keys. The UP-key increases the elevation in 1% increments. The back of the treadmill goes down increasing the elevation. The DOWN-key decreases the elevation in 1% increments. The back of the treadmill will rise decreasing the elevation.

### PROGRAMME MODE

If you want to choose one of the preprogrammed workouts or a user programme, press the MEMORY key. If a user programme has not been recorded earlier you can only choose a preprogrammed workout. Choose the desired programme alternative by using the arrow keys (SET/ ADJUST). Confirm by pressing the ENTER key.

If you have selected one of the preprogrammed profiles, press then the arrow keys (SET/ADJUST) until the desired intensity level is displayed: IL 1 = Beginner, IL 2 = Intermediate, IL 3 = Advanced Intermediate, IL 4 = Advanced, and IL 5 = Athletic. Press the ENTER key to confirm the selected intensity level. Each preprogrammed workout profile can be executed at five diffent intensity levels, except "Easy Walking" which has three levels.

Start the programme by pressing the HARE key. The display beeps twice and the running belt begins to move. The meter also beeps for 15 seconds before each change in speed and/or elevation during the programme.

## PROGRAMME PROFILES

The J 661F has five different specially designed training programmes in its memory. You can also record and save one own programme to suit your specific needs (see 2.12.).

If necessary, you can also change the speed and elevation of the preprogrammed workouts during the training depending on your condition.

### PROGRAMME 1: EASY WALKING

This programme is especially suitable for warm up and cooling down. There are only very minor changes in speed and elevation throughout the whole programme. This programme can be executed at three different intensity levels. The programme duration with the lowest level is 15 minutes, with the second level 20 minutes and with the highest level 25 minutes.

### PROGRAMME 2: TIME / DISTANCE

This programme strengthens cardiovascular system as well as the muscles of the upper and lower body. It helps you to maintain the current level of fitness you have gained. The programme duration varies from 20 to 40 minutes according to the different intensity levels.

### PROGRAMME 3: HILL CLIMBING

A cardiovascular conditioning programme. Slight changes in speed accompanied by drastic incline changes help create a stronger heart and greater cardiac output. The programme duration varies from 15 to 25 minutes according to the different intensity levels.

### PROGRAMME 4: CARDIOVASCULAR TRAINING

This programme is based on the principle of interval training. The heart rate is elevated to 85% of its maximum for several minutes and then allowed to rest for several minutes. This programme will increase your cardiovascular capacity to enable your body to handle workouts of longer duration. The programme duration varies from 15 to 35 minutes depending on the chosen intensity level.

### PROGRAMME 5: WEIGHT LOSS

This programme has been developed for individuals whose goal is to burn excess body fat or to maintain present body weight. If you are just beginning a weight loss programme, a long duration exercise session at any intensity would be too strenuous. Therefore start with level one and change the intensity level gradually after regular training of four to six weeks. It is important to allow your muscles and metabolism to get used to the new rhythm and life style. The programme duration varies from 25 to 45 minutes depending on the chosen intensity level.

## THE SCAN FUNCTION

Pressing the SCAN/SELECT key once starts scanning through the different computer functions. Each display is active for 3 seconds.

**NOTE!** Pulse is displayed only when the pulse transmitter is attached around the chest.

By pressing the SCAN/SELECT key again, the SCAN function will stop and the computer will continue to show the current function in the display window.

## THE PAUSE FEATURE

If you wish to pause the treadmill for a while, press the STOP key once. The running belt stops. All exercise data including current speed and elevation are stored temporarily in the memory of the meter for 1-5 minutes (depending on the set pause time-out duration).

To continue exercising press the HARE key. The treadmill will return to its last speed and resume the time, distance and energy consumption counters.

If the STOP key is pressed twice or when the pause time has expired, the meter will continue displaying the cumulative training values, but it is not possible to continue the workout from those values. The display will return to the weight entry mode by pressing the RESET or ENTER keys.

**NOTE!** Do not remove the tether key when you pause the treadmill. This will stop the treadmill and the elapsed timer.

## COMPLETE YOUR EXERCISE SESSION

The treadmill can be stopped in several ways, for example:

1. By pressing the STOP key.

2. By removing the safety tether key.

3. By decreasing the running speed to 0.0 km/h or mph by using the TORTOISE key (SPEED/SLOW).

4. By reaching the end of a programmed workout.

### AT THE END OF EVERY EXERCISE SESSION BE SURE TO:

- Strech your muscles following any exercise programme.
- Use the main power switch to turn the unit off.
- Never leave the safety tether key in the treadmill.
- Unplug the electrical cord from the wall outlet and from the treadmill.
- Store the electrical cord where it is clear from all pathways and out of childrens' reach.
- If necessary clean the treadmill from sweat with a damp cloth. Do not use solvents.

## RECORDING AND SAVING A USER PROGRAMME

If requested you can save your training workout in the memory of the meter after the workout has been finished. The J 661F allows you to save one programme.

1. Press the MEMORY key after entering user weight (see ENTER YOUR WEIGHT).

2. Using the arrow keys (SET/ADJUST) select a programme (Pro 1-5). If a user programme has already been saved in the memory of the meter earlier, the display will first read Usr 1. Press ENTER.

3. Select desired intensity level (IL 1-5) by using the arrow keys (SET/ADJUST). Press ENTER.

4. Start the training. Speed and elevation can be adjusted during the workout, if desired.

5. Complete the recorded workout by running to the end of the programme or by pressing the STOP key (twice if you stop training in the middle of the workout).

6. The meter will display the text "Save no". If you wish to save this particular workout in the memory of the meter or the changes that you have done to an earlier saved programme, press either one of the arrow keys (SET/ADJUST) and the display will read "Save yes". Press ENTER.

7. The workout has been saved in the memory of the meter as a user programme.

## PULSE MEASUREMENT

The J 661F is manufactured with heart rate monitoring capability. This treadmill has been fitted with an internal pulse receiver to make it compatible with Polar telemetric heart rate transmitters. The transmitter may be purchased as an accessory.

The telemetric heart rate measurement, in which the electrodes of the transmitter fastened to the chest transmit the pulses from the heart to the meter by means of an electromagnetic field, is the most reliable method of heart rate measurement.

Should you wish to purchase the accessory please contact your local Tunturi dealer or distributor for further information.

## HEART RATE TRANSMITTER

If you want to measure your pulse telemetrically during your workout start by attaching the elastic belt to the pulse transmitter.

Moisten the grooved electrodes on the transmitter belt with saliva or water. If you wear the transmitter and belt over a light shirt, moisten the shirt slightly at the points where the electrodes touch the shirt.

Fasten the transmitter just below the chest firmly enough so that the electrodes remain in contact with the skin while running, but not so tight that normal breathing is prevented.

**NOTE!** If the electrode surfaces are not moist, the pulse reading will not appear on the display. If the electrodes are dry, moisten them again. It is also important to allow the electrodes to warm up properly to ensure accurate pulse measurement.

The transmitter automatically transmits the pulse reading to the meter up to a distance of about 1 m. Display will show pulse when the small light is on next to the PULSE text. The light flashes in time with the user's heartbeat. If there are several telemetric pulse measurement devices next to each other, the distance between them should be at least 1.5 m.

The transmitter is switched to an active state only when it is being used for measurement. Sweat and other moisture can, however, keep the transmitter in an active state and waste battery energy. Therefore it is important to dry the electrodes carefully after use.

## ADJUSTMENTS

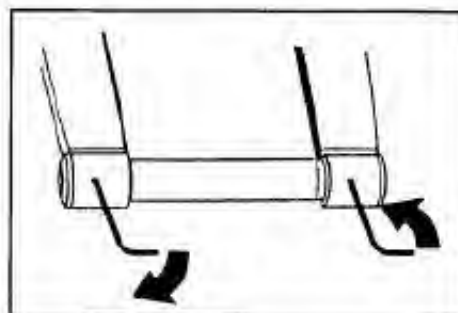Monitor belt tracking during exercise and make adjustments as needed (described below).

## ALIGNING THE RUNNING BELT

The running belt should remain centered on the J 661F at all times. Normally when the unit is in the horizontal position and the belt properly tightened the belt will stay in the middle. It is, however, possible for the belt to be pushed to one side due to the user's running style (e.g. more weight on one foot). The alignment of the belt is adjusted by turning the two bolts at the back of the treadmill. Proceed then as follows:

1. Turn the power switch on and increase the treadmill's speed to 5 km/h (3 mph).

2. If the belt drifts to the left, turn the left adjustment bolt 1/8 turn clockwise and the right adjustment bolt 1/8 turn anticlockwise.

3. If the belt drifts to the right, turn the right adjustment bolt 1/8 turn clockwise and the left adjustment bolt 1/8 turn anticlockwise. Do not turn more than 1/8 at the time as already very small adjustments effect the alignment.

4. If the belt remains centralised the adjustment is correct. If not, continue to make small adjustments as above, checking for centralisation each time until the belt is correctly aligned.

If the belt is allowed run across to one side for long periods the edges of the belt may be damaged and the treadmill may not continue to operate correctly. Any damage to the belt caused by the lack of necessary adjustment will not be covered by the warranty.



## ADJUSTING THE BELT TENSION

The belt must be tensioned if it begins to slip on the rollers. In normal use, however, keep the belt as loose as possible! The belt tension is adjusted by turning the same screws as used for aligning the running belt.

1. Turn the power switch on and increase the treadmill's speed to 5 km/h (3 mph).

2. Turn both adjustment screws an equal amount, approximately 1/8 turn clockwise.

3. Try to slow the belt down by holding onto the handrails and braking as you walk (as if you were walking downhill).

   **NOTE!** When braking heavily the belt may slip.

4. If the belt slips, turn another 1/8 turn and repeat the test.

## MAINTENANCE

We strongly recommend that a periodic maintenance schedule is adhered to. However, if you wish to have the maintenance carried out by a trained technician please contact your local Tunturi dealer for details of service available and charges.

Check from time to time that all fasteners are properly tightened and wiring is in place. To avoid damaging fasteners, do not overtighten.

## CLEANING AND INSPECTING THE RUNNING BELT

Turn the unit off and unplug the electrical cord from the wall outlet and from the treadmill. Carefully turn the treadmill on its side.

Wipe off the inside of the running belt using a harsh brush. Do not use solvents.

Rotate the running belt carefully by hand to clean the entire inside face. Loosen the belt adjusting screws at the back of the treadmill, if necessary. Return the treadmill into the upright position.

If running belt edges are frayed, check the running belt alignment. If seams are splitting contact your local Tunturi representative.

## CLEANING THE TREADMILL

Wipe the treadmill surfaces, especially the handlebars and meter from dust with a damp cloth or towel. Do not use solvents.

Use a small vacuum nozzle to carefully vacuum around all visible components (belt, running deck, side rails etc.). By supporting the device on one of the side rails you can also vacuum it from below. Vacuum also from inside the motor hood.

Clean the rollers once a year as follows: loosen the adjusting bolts and wipe the rollers with a harsh brush. Tighten the tension adjustment bolts. Check that the running belt is aligned and centered on the treadmill bed.

## LUBRICATING THE RUNNING DECK

**NOTE! Lubrication is the most important service activity for the treadmill.** Ensure before you start to use your treadmill and every 50 hours of use that both the belt and the running deck are moist with lubricant. If these are dry, the treadmill must be carefully lubricated. Lubrication is absolutely essential, if the friction of the running deck increases noticeably or the motor begins to heat up. Insufficient lubrication will cause the belt, running deck and motor to wear out and break.

The need for relubrication depends to a great extent on the running styles and weight of the user: heavy user weight and slow speed put particular strain on the device and therefore demand greater lubrication. Use only T-Lube enclosed to lubricate the treadmill. Contact your local Tunturi dealer for further supplies of T-Lube.

**NOTE!** The device must under no circumstances be lubricated with silicone!

Please apply T-Lube as follows:

Let the treadmill run at a slow speed and spray T-Lube directly to the underside of the running belt for 5 seconds. Ensure that a strip of about 20 cm (8") wide on the underside of the running belt becomes moist with T-Lube along its whole length.

## ERROR CODES

In case of certain faults relating to the electronics of the treadmill, it has an integral fault-finding system in order that faults can be found and corrected as quickly as possible.

The fault-finding system obviously does not cover all possible faults, but it does help to identify the most likely faults resulting from long-term use. When such a fault occurs, the display shows one of the fault codes below:

| CODE | DESCRIPTION |
|------|-------------|
| E 1 | Failure of speed sensor (sensor does not react to any movement of the belt) |
| E 4 | Lift sensor or elevation system failure |
| E 7 | Software failure |
| E 8 | Speed of the running belt exceeds set speed |

If any error code appears on the display or there are other malfunctions, proceed as follows:

1. Turn off the power switch for a minute and then turn it on again.

2. Insure the tether key is properly inserted.

3. Insure the power cord is properly plugged.

4. Insure the treadmill is properly lubricated (see 4.3).

5. If the error code does not disappear after the above mentioned maintenance actions, please contact your local Tunturi dealer. Always give the error code and serial number.

**tEtH** — The tether key is not properly installed

In spite of continuous quality control, individual defects and malfunctions may occur due to individual components. It is in most cases unnecessary to take the whole treadmill for repair, as it is usually sufficient to replace the defective part.

## USER MAINTENANCE MENU

The total treadmill running time and total distance are automatically saved in the memory of the treadmill. If you wish to check the total values during assembly measures, for example, proceed as follows:

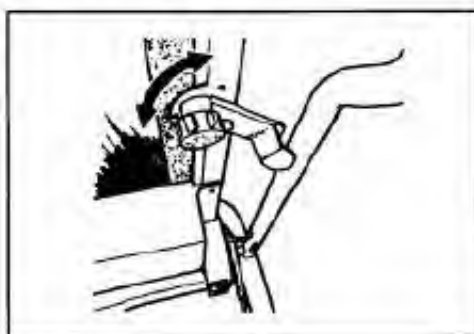1. Press and hold the STOP key while pressing the SCAN/SELECT key (when meter displays "enter weight" mode). The meter displays the user set up mode.

2. Press and hold the STOP key again while pressing first the SCAN/SELECT key and then the ENTER key.

3. The meter will scan the following functions: software version, total time and total distance.

4. Press ENTER key twice to exit the user maintenance menu.

## MOVING AND STORAGE

You can fold the J 661F into the space saving storage position as follows:

1.  After the workout, turn off the power switch at the lower right front corner and unplug the electrical cord from the wall socket and the treadmill.

2.  Take hold of the frame tube underneath the rear part of the running base and lift the running base up.

3.  Always remember to lock the running base in the storage position with the safety lock on the right side of the frame. Use the lock as follows: pull the knob and turn it so that the hook moves in the locking position. Release the knob.

**NOTE!** The gas springs in the front of the treadmill are designed to make lifting the running base easier. Never leave the running base in the storage position supported only by the gas springs.



The J 661F is equipped with wheels for easy mobility. The transportation wheels are placed in the ends of the support legs. Before moving, be sure the power cord is unplugged from the wall and the treadmill. Lift up the running track and lock it. Stand behind the treadmill and support it with your foot on a transportation wheel. Grip the handlebars and tilt the treadmill towards yourself so that it rests on the transportation wheels. Move the treadmill by wheeling it, and lower it carefully onto the floor, again supporting it with your foot.

**NOTE!** The running belt may need to be realigned and centered after moving.

To prevent malfunctioning of the treadmill, store it in a dry place with as little temperature variation as possible, protected against dust. Always unplug the treadmill from the electrical outlet when not in use.



## TECHNICAL DATA

| | |
|---|---|
| **Length (storage position)** | 160 cm /64' (70 cm / 28') |
| **Height** | 134 cm / 53,6" (142 cm / 56,4") |
| **Width** | 90 cm / 36" |
| **Weight** | 83 kg |
| **Running surface length** | 135 cm / 54" |
| **Running surface width** | 44 cm / 17,6" |
| **Speed** | 1.5 -16 km/h / 1 -10 mph |
| **Elevation range** | 0 - 10 % |
| **Motor** | 1,5 HP (continuous duty) |
| **Drive system** | Drive belt |
| **Structural frame** | Welded steel, powder coated |
| **Maximum user weight** | 110 kg / 250 lbs |

All Tunturi devices are designed to meet EU's Directives on electromagnetic compatibility (EMC). This product therefore carries the CE conformity marking.

This product meets DIN accuracy and safety norms (DIN 32933-1+3).

**NOTE!** The instructions must be followed carefully in the assembly, use and maintenance of your equipment. The warranty does not cover damage due to negligence of the assembly, adjustment and maintenance instructions described herein. Changes or modifications not expressly approved by Tunturi Oy Ltd will void the user's authority to operate the equipment.

**Due to our continuous programme of product development we reserve the right to change specifications without notice.**

## PRG 1

### IL 1

| | 00:00 | 03:00 | 06:00 | 09:00 | 12:00 | 15:00 |
|---|---|---|---|---|---|---|
| km/h | 3.2 | 4.8 | 4.8 | 4.8 | 3.2 | Stop |
| mph | 2.0 | 3.0 | 3.0 | 3.0 | 2.0 | Stop |
| | 0 | 0 | 1 | 0 | 0 | |

### IL 2

| | 00:00 | 04:00 | 08:00 | 12:00 | 16:00 | 20:00 |
|---|---|---|---|---|---|---|
| km/h | 4.8 | 6.4 | 6.4 | 6.4 | 4.8 | Stop |
| mph | 3.0 | 4.0 | 4.0 | 4.0 | 3.0 | Stop |
| | 0 | 1 | 2 | 1 | 0 | |

### IL 3

| | 00:00 | 04:00 | 08:00 | 12:00 | 16:00 | 20:00 |
|---|---|---|---|---|---|---|
| km/h | 6.4 | 7.2 | 7.2 | 7.2 | 6.4 | Stop |
| mph | 4.0 | 4.5 | 4.5 | 4.5 | 4.0 | Stop |
| | 1 | 2 | 3 | 2 | 1 | |

## PRG 2

### IL 1

| | 00:00 | 04:00 | 08:00 | 12:00 | 16:00 | 20:00 |
|---|---|---|---|---|---|---|
| km/h | 3.2 | 4.8 | 4.8 | 4.8 | 3.2 | Stop |
| mph | 2.0 | 3.0 | 3.0 | 3.0 | 2.0 | Stop |
| | 0 | 0 | 1 | 0 | 0 | |

### IL 2

| | 00:00 | 04:00 | 11:20 | 18:40 | 26:00 | 30:00 |
|---|---|---|---|---|---|---|
| km/h | 4.8 | 6.4 | 6.4 | 6.4 | 4.8 | Stop |
| mph | 3.0 | 4.0 | 4.0 | 4.0 | 3.0 | Stop |
| | 0 | 1 | 2 | 1 | 0 | |

### IL 3

| | 00:00 | 04:00 | 14:40 | 25:20 | 36:00 | 40:00 |
|---|---|---|---|---|---|---|
| km/h | 6.8 | 8.4 | 8.4 | 8.4 | 6.8 | Stop |
| mph | 4.2 | 5.2 | 5.2 | 5.2 | 4.2 | Stop |
| | 1 | 2 | 3 | 2 | 1 | |

### IL 4

| | 00:00 | 04:00 | 14:40 | 25:20 | 36:00 | 40:00 |
|---|---|---|---|---|---|---|
| km/h | 8.9 | 10.5 | 10.5 | 10.5 | 8.9 | Stop |
| mph | 5.5 | 6.5 | 6.5 | 6.5 | 5.5 | Stop |
| | 2 | 3 | 4 | 3 | 2 | |

### IL 5

| | 00:00 | 04:00 | 14:40 | 25:20 | 36:00 | 40:00 |
|---|---|---|---|---|---|---|
| km/h | 10.5 | 12.0 | 12.0 | 12.0 | 10.5 | Stop |
| mph | 6.5 | 7.5 | 7.5 | 7.5 | 6.5 | Stop |
| | 3 | 4 | 5 | 4 | 3 | |

## PRG 3

### IL 1

| | 00:00 | 04:00 | 04:50 | 05:40 | 06:30 | 07:20 | 08:10 | 09:00 | 09:50 | 10:40 | 15:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| km/h | 4.0 | 4.8 | 4.8 | 4.5 | 4.8 | 4.0 | 4.8 | 4.5 | 4.8 | 4.0 | Stop |
| mph | 2.5 | 3.0 | 3.0 | 2.8 | 3.0 | 2.5 | 3.0 | 2.8 | 3.0 | 2.5 | Stop |
| | 0 | 1 | 0 | 2 | 1 | 3 | 1 | 2 | 1 | | |

### IL 2

| | 00:00 | 04:00 | 07:00 | 08:30 | 10:00 | 11:30 | 13:00 | 14:00 | 16:00 | 20:00 | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| km/h | 4.8 | 6.4 | 5.6 | 6.4 | 4.8 | 6.4 | 5.6 | 6.4 | 4.8 | Stop | |
| mph | 3.0 | 4.0 | 3.5 | 4.0 | 3.0 | 4.0 | 3.5 | 4.0 | 3.0 | Stop | |
| | 0 | 1 | 3 | 1 | 5 | 2 | 3 | 2 | 0 | | |

### IL 3

| | 00:00 | 04:00 | 06:10 | 08:20 | 10:25 | 12:30 | 14:40 | 16:45 | 18:55 | 21:00 | 25:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| km/h | 6.1 | 8.0 | 8.0 | 7.2 | 8.0 | 6.4 | 8.0 | 7.2 | 8.0 | 6.1 | Stop |
| mph | 3.8 | 5.0 | 5.0 | 4.5 | 5.0 | 4.0 | 5.0 | 4.5 | 5.0 | 3.8 | Stop |
| | 0 | 2 | 1 | 5 | 2 | 8 | 4 | 6 | 2 | 0 | |

### IL 4

| | 00:00 | 04:00 | 06:45 | 09:30 | 12:15 | 15:00 | 17:45 | 20:30 | 23:15 | 26:00 | 30:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| km/h | 8.0 | 10.5 | 10.5 | 9.7 | 10.5 | 8.9 | 10.5 | 9.7 | 10.5 | 8.0 | Stop |
| mph | 5.0 | 6.5 | 6.5 | 6.0 | 6.5 | 5.5 | 6.5 | 6.0 | 6.5 | 5.0 | Stop |
| | 0 | 2 | 1 | 5 | 2 | 9 | 4 | 6 | 3 | 1 | |

### IL 5

| | 00:00 | 04:00 | 07:25 | 10:45 | 14:10 | 17:30 | 20:50 | 24:15 | 27:35 | 30:50 | 35:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| km/h | 9.7 | 12.1 | 12.1 | 11.3 | 12.1 | 10.5 | 12.1 | 11.3 | 12.1 | 9.7 | Stop |
| mph | 6.0 | 7.5 | 7.5 | 7.0 | 7.5 | 6.5 | 7.5 | 7.0 | 7.5 | 6.0 | Stop |
| | 0 | 2 | 1 | 5 | 2 | 10 | 4 | 6 | 3 | 1 | |

## PRG 4

### IL 1

|  | 00:00 | 06:00 | 06:30 | 07:40 | 08:10 | 09:20 | 09:50 | 11:00 | 15:00 |
|---|---|---|---|---|---|---|---|---|---|
| km/h | 2.9 | 5.3 | 3.7 | 5.3 | 3.7 | 5.3 | 3.7 | 2.9 | Stop |
| mph | 1.8 | 3.3 | 2.3 | 3.3 | 2.3 | 3.3 | 2.3 | 1.8 | Stop |
|  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |  |

### IL 2

|  | 00:00 | 06:00 | 07:10 | 09:20 | 10:30 | 12:40 | 13:50 | 16:00 | 20:00 |
|---|---|---|---|---|---|---|---|---|---|
| km/h | 3.9 | 6.4 | 5.6 | 6.4 | 5.6 | 6.4 | 5.6 | 3.9 | Stop |
| mph | 2.4 | 4.0 | 3.5 | 4.0 | 3.0 | 4.0 | 3.5 | 4.0 | Stop |
|  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |  |

### IL 3

|  | 00:00 | 06:00 | 07:40 | 11:00 | 12:40 | 16:00 | 17:40 | 21:00 | 25:00 |
|---|---|---|---|---|---|---|---|---|---|
| km/h | 5.3 | 8.4 | 7.2 | 8.4 | 7.2 | 8.4 | 7.2 | 5.3 | Stop |
| mph | 3.3 | 5.2 | 4.5 | 5.2 | 4.5 | 5.2 | 4.5 | 3.3 | Stop |
|  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |  |

### IL 4

|  | 00:00 | 06:00 | 08:20 | 12:40 | 15:00 | 19:20 | 21:40 | 26:00 | 30:00 |
|---|---|---|---|---|---|---|---|---|---|
| km/h | 7.2 | 11.3 | 9.7 | 11.3 | 9.7 | 11.3 | 9.7 | 7.2 | Stop |
| mph | 4.5 | 7.0 | 6.0 | 7.0 | 6.0 | 7.0 | 6.0 | 4.5 | Stop |
|  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |  |

### IL 5

|  | 00:00 | 06:00 | 08:50 | 14:20 | 17:10 | 22:40 | 25:30 | 31:00 | 35:00 |
|---|---|---|---|---|---|---|---|---|---|
| km/h | 8.2 | 12.9 | 10.5 | 12.9 | 10.5 | 12.9 | 10.5 | 8.2 | Stop |
| mph | 5.1 | 8.0 | 6.5 | 8.0 | 6.5 | 8.0 | 6.5 | 5.1 | Stop |
|  | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |  |

**PRG 5**

**IL 1**

| | 00:00 | 05:00 | 10:00 | 15:00 | 20:00 | 25:00 |
|---|---|---|---|---|---|---|
| km/h | 4.0 | 5.3 | 5.3 | 5.3 | 4.0 | Stop |
| mph | 2.5 | 3.3 | 3.3 | 3.3 | 2.5 | Stop |
| | 0 | 2 | 0 | 2 | 0 | |

**IL 2**

| | 00:00 | 05:00 | 10:00 | 15:00 | 20:00 | 25:00 | 30:00 |
|---|---|---|---|---|---|---|---|
| km/h | 4.0 | 6.4 | 7.2 | 5.6 | 6.4 | 7.2 | Stop |
| mph | 2.5 | 4.0 | 4.5 | 3.5 | 4.0 | 4.5 | Stop |
| | 0 | 3 | 4 | 4 | 4 | 3 | |

**IL 3**

| | 00:00 | 05:00 | 10:00 | 15:00 | 20:00 | 25:00 | 30:00 | 35:00 | 40:00 | 45:00 |
|---|---|---|---|---|---|---|---|---|---|---|
| km/h | 6.4 | 8.0 | 8.4 | 8.0 | 7.7 | 7.7 | 8.0 | 8.0 | 6.4 | Stop |
| mph | 4.0 | 5.0 | 5.2 | 5.0 | 4.8 | 4.8 | 5.0 | 5.0 | 4.0 | Stop |
| | 0 | 3 | 4 | 5 | 5 | 5 | 4 | 3 | 0 | |

**IL 4**

| | 00:00 | 05:00 | 10:00 | 15:00 | 20:00 | 25:00 | 30:00 | 35:00 | 40:00 | 45:00 |
|---|---|---|---|---|---|---|---|---|---|---|
| km/h | 8.0 | 9.7 | 10.0 | 9.7 | 9.3 | 9.3 | 9.7 | 9.7 | 8.0 | Stop |
| mph | 5.0 | 6.0 | 6.2 | 6.0 | 5.8 | 5.8 | 6.0 | 6.0 | 5.0 | Stop |
| | 0 | 4 | 5 | 6 | 6 | 6 | 5 | 4 | 0 | |

**IL 5**

| | 00:00 | 05:00 | 10:00 | 15:00 | 20:00 | 25:00 | 30:00 | 35:00 | 40:00 | 45:00 |
|---|---|---|---|---|---|---|---|---|---|---|
| km/h | 9.7 | 11.3 | 11.6 | 11.3 | 10.9 | 10.9 | 11.3 | 11.3 | 9.7 | Stop |
| mph | 6.0 | 7.0 | 7.2 | 7.0 | 6.8 | 6.8 | 7.0 | 7.0 | 6.0 | Stop |
| | 0 | 4 | 5 | 6 | 6 | 6 | 5 | 4 | 0 | |

| Ref. no. | Part no. | | |
|---|---|---|---|
| 1 | 403 4019 | | A |
| 2 | 503 4013 | | A |
| 6 | 3,5x13 DIN 7981 | | C |
| 7 | 233 4007 | | D |
| - | 173 4023 | | D |
| 8 | 213 4007 | right, left | A |
| 9 | 203 4011 | right (incl. 8) | A/C |
| 11 | 203 4012 | left (incl. 8) | A/C |
| 14 | M8x20 DIN 912 | | C |
| 16 | 503 4007 | | C |
| 17 | M5x14 DIN 7500-C | | C |
| 20 | 173 4028 | front RH, rear LH | A |
| 22 | 403 4040 | (incl. 22a - 22f) | D |
| 24 | KB 40x16 WN-1442 | | C |
| 26 | 173 4035 | | A |
| 27 | 423 4044 | (incl. 27a, 27c - 27e) | A |
| 28 | 173 4029 | front LH, rear RH | A |
| 34 | 523 4015 | | C |
| 35 | M5x12 DIN 7985 | | C |
| 36 | 403 4024 | | D |
| 37 | M3x8 DIN 966 A4 | | C |
| 38 | M4 DIN 127B | | C |
| 39 | 403 470 | | D |
| 40 | 403 4016 | | D |
| 41 | M3 DIN 934 | | C |
| 42 | 403 4043 | | D |
| 45 | 533 4010 | | A |
| 46 | 173 4034 | | A |
| 47 | 62 0817 20 | | C |
| 49 | 533 4005 | | A |
| 50 | 533 4008 | | A/C |
| 51 | 443 4007 | | A |
| 52 | 303 4004 | | C |
| 53 | 653 4013 | | C |
| 54 | 813 4014 | (47,52,53-57,60, 61,107,150,151) | C |
| 55 | 303 4005 | | A |
| 56 | 263 4002 | | C |
| 57 | M4x8 DIN 7500-C | | C |
| 58 | 533 4006 | (incl. 115) | A |
| 60 | 103 4021 | | C |
| 61 | 5/16"x1/2" DIN 933 | | C |
| *62 | M8x45 DIN 912 | (* 4 pcs) | C |
| 63 | 503 4010 | | C |
| 64 | M5x8 DIN 7985 A4 | | C |
| 66 | 403 4017 | | D |
| 67 | M8x40 DIN 912 | | C |
| 68 | 813 4008 | | D |
| 69 | 503 125 89 | | A |
| 70 | 503 420 | | A |
| 71 | 501 104 74 | | A |
| 75 | 103 4016 | | C |
| 77 | 173 4027 | left | A |
| 78 | 523 4017 | | C |
| 79 | M8x65 DIN 912 | | C |
| 80 | 103 4008 | | C |
| 81 | 533 4015 | | C |
| *82 | M8 DIN 985 | (* 4 pcs) | C |
| 84 | M8x50 DIN 912 | | C |
| 85 | 173 4026 | front LH, rear RH | A |
| 86 | 533 4018 | | A |
| 87 | 672 001 | | C |
| 88 | M8 DIN 471 | | C |
| 89 | 343 4003 | | C |
| 95 | M8x25 DIN 7984 | | C |
| 96 | M8 DIN 936 | | C |

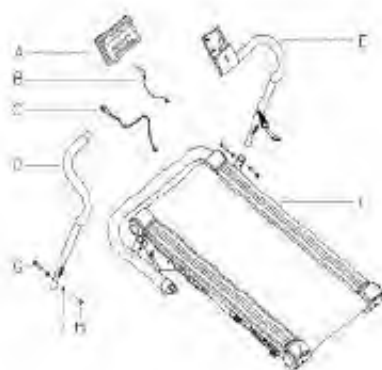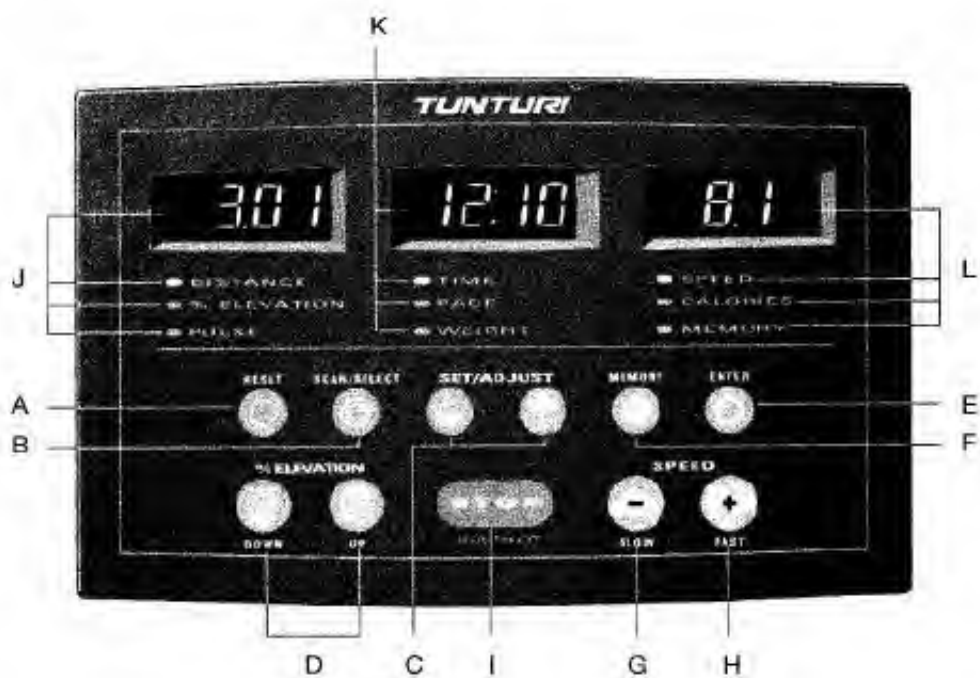| Ref. no. | Part no. | | |
|---|---|---|---|
| 97 | 433 4008 | | A |
| 98 | 533 4009 | | A |
| 100 | M6x30 DIN 7991 | | C |
| 101 | 653 4004 | | C |
| 102 | 433 4015 | | E |
| 103 | 62 0624 10 | | C |
| 104 | M6 DIN 934 | | C |
| 105 | 443 4004 | | A |
| 107 | 263 4003 | | C |
| 108 | M5 DIN 934 | | C |
| 109 | M5x16 DIN 84 | | C |
| 111 | 403 4033 | | D |
| 112 | M4x6 DIN 7500-C | | C |
| 114 | 652 133 74 | | C |
| 115 | M5 DIN 9021 | | C |
| 117 | 103 4012 | | C |
| 116 | 103 4019 | rear RH | C |
| 119 | 653 1003 | | C |
| 121 | KA 35x12 WN-1441 | | C |
| 122 | 533 5005 | | A |
| 123 | M5x10 DIN 7985 | | C |
| 124 | M5 6798I | | C |
| 126 | 203 4013 | | C |
| *127 | M8 DIN 137A | (* 8 pcs) | C |
| 128 | 653 7001 | | C |
| 129 | 163 4002 | | C |
| 130 | 673 500 88 | | C |
| 131 | M6x10 DIN 933 | | C |
| 132 | 403 4041 | | C/D |
| 133 | 533 1029 | | A |
| 134 | 523 2002 | | C |
| 135 | 533 4031 | | A |
| 136 | 533 7025 | | A |
| 137 | 533 4032 | | A |
| 138 | 513 4001 | (incl. 137) | C |
| 139 | 343 4004 | | C |
| 140 | M8x40 ISO 7380 | | C |
| 141 | 173 4032 | | A |
| 142 | M5x20 DIN 7985 | | C |
| 143 | 173 4031 | | A |
| 144 | 653 4044 | | C |
| 145 | 533 4034 | | A |
| 146 | 103 4014 | | C |
| 148 | 103 4020 | rear LH | A |
| 149 | M5x12 DIN ISO 7380 | | C |
| 150 | M8x25 DIN 933 | | C |
| 151 | M8 DIN 934 | | C |
| 152 | 403 4048 | | C/D |
| 153 | 26x38x05 DIN 988 | | C |
| * | 553 4006 | (incl. *) | A |
| * | 553 0009 | | C |
| * | 553 0007 | | C |
| - | 563 4003 | | C |
| : | 583 4013 | Owner's manual | B |

A = Plastic, thermoplast / Kunststoff, Thermoplast  
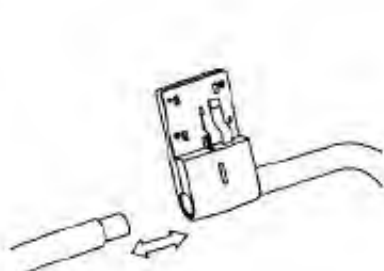B = Paper, Carton / Papier, Pappe  
C = Metal / Metall  
D = Electronics / Elektronik  
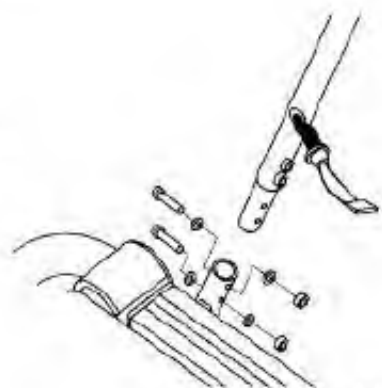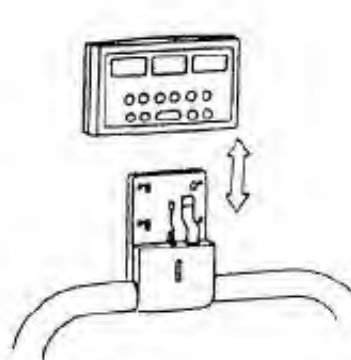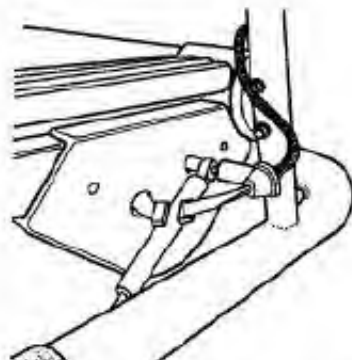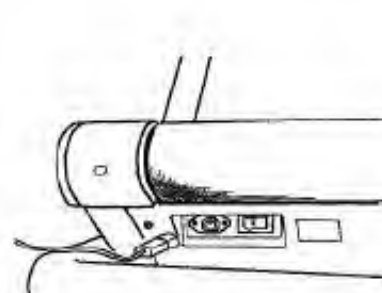E = Wood / Holz

1.

2.

3.

4.

5.

6.

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THE MOTOR – *it's you.*